



Practical Radio: Understanding & Operating

Instructor: Robert McGuane

Take a step towards becoming an amateur (ham) radio operator by learning about beginning ham radio study activities and alternative communications (e.g. Family Radio Service [FRS] radios, etc.) used by hams for 2-way radio communication with non-hams for routine and emergency messages (cf. ARRL Handbook of Emergency Communications). Learn about modern 21st century, 2-way radio, cell phone alternatives. This one-night workshop will cover some but not all ham radio technician class licensing topics; and will provide an opportunity for wallet card sized certificates for participation in a "Radio Citizenship" course. The instructor is a math-science tutor & researcher, licensed in amateur radio, EMA ARES certified, trained in CERT, NIOSH certified, and certified as a participant of Wel. PH Reserve Volunteer Corps training. He is also a Net Control Operator for Wellesley Wireless/WHFR Net, and an Alternate Net Control Operator for the Norfolk County Emergency Preparedness Net.

Location: Warren Building Min: 6/Max: 15
1 class

Day	Time	Dates	Price
Tue	7 - 9 pm	April 8	Free

Easy Mental Exercises for Improving Your Memory

Instructor: Hank Fleming

Learn the proven "Elephant Memory Method" to improve your concentration and memory of what you've just experienced, heard, intend to do, or the names of people you've met. It is really quite easy to improve your memory if you learn a few proven techniques and use them regularly. Practice the use of visualization, memory pictorials, mental fasteners, mnemonics, associations, pegging, and mind mapping. You will not only remember people's names, but you will be able to throw away your shopping and "to-do" lists, and give a speech without using notes. You will also receive an "action plan" for future everyday memory improvement so you won't forget the techniques, to constantly keep your memory sharp!

Location: Warren Building Min: 5/Max: 15
2 classes

Day	Time	Dates	Price
Thur	7 - 9:30 pm	May 29 & June 5	\$50

Sell Anything You Want! Sales Foundations

NEW!

Instructor: Hank Fleming

Would you like to earn extra money at your own pace by selling a product or service on a part time basis, but, are afraid of the word SALES? Or, perhaps you're thinking about a career-change into a lucrative full-time sales position. If so, like building a house, the foundation is laid "before" you move in. In this two-session course, you will learn a step-by-step basic sales process. These sales techniques can easily be applied when selling any product or service. It's based on developing a Five - Step low-key, confident "sales attitude" for successfully selling anything to anyone, anytime.

Location: Warren Building Min: 5/Max: 15
2 classes

Day	Time	Dates	Price
Thur	7 - 9:30 pm	April 10 & 17	\$50

Non resident
fee is
\$10 per class

4 Easy Steps for Developing Interesting Conversations

NEW!

Instructor: Hank Fleming

Better listening results in better conversation by learning the famous "Artichoke Method of Conversation". There are two intertwining objectives for this class. The first is to give you basic, usable techniques for starting appropriate "small talk" and moving towards meaningful and interesting "conversation". The second is to demonstrate some simple, proven procedures to help you "listen" more efficiently in casual conversation and to speeches, lectures, presentations, sermons, etc. You will receive an "action plan" for future improvement to prevent "conversation stagnation" and "listening block".

Location: Warren Building Min: 5/Max: 15
2 classes

Day	Time	Dates	Price
Thur	7 - 9:30 pm	May 15 & 22	\$50